

Climate Change activism on parade

A report of the Helensburgh Climate Camp 9-11 October 2009

by Graeme Dunstan,
Peacebus.com

Helensburgh is a coal mining village in Dharawal country north of Wollongong; its coal mine, Metropolitan Colliery, is the oldest operating mine in Australia.

Once the property of the people of NSW, the coal mine is now owned by Peabody Energy, a US corporate coal mining giant, and a massive expansion of the mine is underway, waterway draining, longwall mining under the southern catchments of Sydney's water supply.

The expansion will lift mine output from 2 million tonnes per year to 5.2 Mt pa and Peabody, infamous in West Virginia for the destruction of waterways by its practice of mountain top mining, promises of world's best practice... and of course, jobs. Ho hum.

On the weekend of 9-11 October some 200 activists of the NSW climate change movement came to town to camp in the sports grounds. On Sunday about 500 paraded through the village to blockade the mine and say: the end, for coal, is nigh. It was the first ever major climate change / environmental justice protest in the southern coalfields of NSW.

The Helensburgh Climate Camp was organised by a loose affiliation of web-connected activists calling themselves the Climate



Action Network, which came out of the Climate Action Summit in Canberra last February. It brings together folk from the NSW Greens, Friends of the Earth, Rivers SOS, Socialist Alliance, Greenpeace (though not overtly), Resistance, the Australian Student Environment Movement (ASEN), Newcastle Rising Tide and various Climate Action Groups (CAGs) of which Newtowners dressed in blue were the most visible.

The campsite was a football field built from levelled coal tailings, bleak, wet, cold and windswept, setting up was a contest between will and weather. Gale force winds in the evening blew down all the marquees that had been erected on the first set-up day. Hostile climate in a hostile town.

But how well and in what good spirits the weather was weathered and the hostility of the coal dependent villagers met with kindness, respect and an invitation to dialogue about what a just transition from coal might mean.

In the lead up organisers made a big effort in this regard by letterboxing the town, conducting a regular information stall in the shopping centre and presenting a public meeting. Wollongong media followed the story closely and remarkably fairly and, thanks to all this pre-publicity, Helensburghers turned out

in mass to witness the parade and the mine blockade.

The parade was colourful with flags and banners, joyful with improvised music (trumpet and plastic container percussion) and confident with chants: "What do we want? Green jobs! Where do we want them? Helensburgh!"

Some Helensburgh folk expressed their anger with shouted abuse and some threw eggs - Peacebus.com bringing up the rear, copped some splatterings. But overall the mood was one of curiosity. Something was happening, indeed history was being made in the streets, and Helensburgh was in the news.

The blockade was symbolic because Metropolitan, like the Newcastle Harbour Authority in the face of people's flotilla blockade of coal ships last March, decided that voluntarily closing for the day was less challenging than



being forced closed by climate change activists. But the activists responded with a lock-on and banner-drop at another operating Illarwara colliery, the BHP-Billiton Dendrobium mine near Port Kembla which is also undergoing a massive expansion. Four young people were arrested for this, charged and swiftly released. How wonderfully nonchalant they were about getting arrested. And how unphased the cops!

We paraders gathered in a pocket park adjacent to the



mine gate where a PA on a flat top ute served as an improvised stage and brilliantly coloured banners rigged against it served as a backdrop. A picnic in the park, and Helensburgh residents gathered about to watch the show and hear the speeches and the music.

Julie Shepherd from Rivers SOS spoke strongly and so too Greens MLC, Lee Rhiannon - "Coal is a dying industry," she said.

The PR mills of the coal lobby were quick to respond with spin. Once Climate



Camp protests were off the front page of the *Illawarra Mercury*, the next headline was: "Green Coal!" And in green ink. It was a story about BHP Billiton's expansion of the Dendrobium mine and the decision not to longwall mine under the Woronora Dam ... just very close to it. Democracy at work: castles in the sky, lies on the ground and under it.



Honduran coup recognised by regime

by Warwick Fry 31st October, 2009

There has been a surprise development in the Honduran coup saga, with the signing of an agreement to reinstate ousted president, Mel Zelaya, after a process that reveals the profoundly schizoid nature of US foreign policy.

From day one of the coup on June 28, the US was the odd man out in not calling for the immediate reinstatement of President Zelaya after he was flown to Costa Rica at gunpoint on a military flight that stopped to refuel at the US military base in Honduras. The UN General Assembly, the OAS and the Rio Group all made the call, and many withdrew their Ambassadors and suspended economic aid immediately.

The US' polite aversion of its gaze from the Honduran military role in the coup seems to have changed following the release of a video taken by two journalists for La Hojilla, showing high ranking police officer Daniel Molina (who often appears on television as an official spokesperson for the National Police of Honduras) in front of the Brazilian Embassy one night, boasting to a bevy of international journalists his prior knowledge of the impending coup two days beforehand, and that although the

front men in the de facto government are civilians, it is the military who are calling the shots.

The video appears to have ended US Secretary of State Hilary Clinton's reluctance to call the coup a coup in the face of repeated questioning by journalists, due to the fact that the US Foreign Assistance Act prohibits funds going to governments where the head of state has been deposed by a military coup.

Late yesterday (Friday) afternoon, under pressure from high ranking US officials from the State Department, Micheletti, the de-facto President for the coup regime, finally yielded and signed his agreement to reinstate President Zelaya. It is viewed by the Resistance Front as a tacit admission by the regime that the coup was actually a coup.

The agreement still remains to be ratified by the Honduras Congress and the Supreme Court (which signed the order to allow the deposition of Zelaya in the first place), and the suspension of Constitutional and Civil Rights continues. Yesterday a demonstration by the Resistance Front was heavily repressed, even as the news of the agreement was being announced to the international community.

This development means that the Presidential elections of November 29 will most probably go ahead, although obviously compromised - any opposition candidates have had their ability to campaign severely limited by the lifting of Constitutional Rights (including the right of free assembly, and severe restrictions on press freedom). The Resistance Front, supported by over half of the entire population is still demanding the right to establish a Constituent Assembly to reform the constitution. President Zelaya was forced to sign an assurance that he would not call for a vote for a Constituent Assembly in order to secure the agreement with the coup regime.

Reliable reports claim that the mechanisms for a massive fraud are already in place, including 200,000 'ghost voters' on the electoral rolls, and 'private' business organisations from the US to set up the electronic vote-counting equipment.

This makes the situation far more fraught and complex. Whereas before, international opinion was almost unanimous in a commitment not to recognise the vote, the elections may now have a spurious legitimacy that will lead to international recognition. And, the Resistance Front will continue its boycott of the elections because the option of voting for a constituent Assembly is not included.

In a meeting with the Australian-Latin American section of the Department of Foreign Affairs and Trade on Thursday we were informed that the official position of the Australian government would be to "recognise the elections if they went ahead, given that they are 'fair, free, and open' "

Australia would not however, be sending observers.



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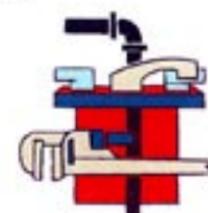
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Laying down a path in walking

by Dr Elizabeth McCardell, M. Counselling, PhD
(Phone: 0429-199-021)



Buddhists have a saying, "Laying a path in walking" that runs in contrary motion to much of Western thought where action is seen to occur according to preset pathways. "Laying a path in walking" is process talk. "Walking a preset pathway" is goal oriented talk. The first allows whatever arises to arise, the latter selects and rejects what is met in preparation for the prize at the end.

In thinking about this in preparation for this article, I remembered two European stories about journeying. Both are pilgrim stories. John Bunyan's Pilgrim's Progress is a Christian allegory describing a man's journey from his home, the City of Destruction to the Celestial City ("that which is to come"). The Way of the Pilgrim describes a Russian man's journey to find out about the prayer of the heart ("Lord Jesus Christ, Son of God, have mercy on me"). He learns that the Christian way is repentance in every moment of life.

"Laying down a path in walking" is something quite different. It is walking with awareness; of choosing without a single chooser, with no preconceived beliefs, opening the path as we encounter it. This attitude is what I seek when I receive my clients who come for therapeutic counselling. I listen, as I would walk with them in a new place through a forest. I notice that the more I do this, the more willing I am to go there with them leaving my bags of theories behind. I'm more trusting of the journey. I travel with my client, remembering what points in the landscape may be useful in making sense of the whole journey and what are more incidental elements that could yet be useful later on.

As we talk the walk we create multiple pathways – alternative stories – that fill out our understanding of the whole. Sometimes the client will say "What next? What should I do now?" Here I must assess how much the client wants to explore their inner path, or how much they simply wish for a script for a happier life. Sometimes they want someone to define the boundaries of a rather boggy terrain; of sorting through enmeshed relationships. Sometimes it is apparent they seek no more than a listener as they talk the walk.

Making sense of the pathways we create is a fundamental of human life. We make sense from our aware engagement with the

paths. Walking in a dream cuts us off from a grounded sense of being present. Being real is beginning being aware.

Each telling of each journey is sometimes all that is needed for some clients. All I am asked to do is to attend to each telling. In these journeys, I am witness and companion and occasional commentator. We make pathways back through nightmarish experiences of abuse, torment and instability. We walk mysterious paths through new landscapes of unfamiliar sights, feeling new strengths and old weaknesses as we encounter situations that previously stymied us. We travel back and forth into familiar places to re-look at old and odd things that start to make sense.

Psychotherapy is like exploring parts of a terrain that have been ignored until now. "There be dragons", is a feeling sometimes met here, but on talking the walk with me makes encounters with dragons not only possible but interesting in an energy-charged way, and it is even possible to walk around the dragons' nests without fear.

Laying down a path in walking comes with no guarantees. Sometimes we get lost, sometimes one of us is exasperated by the slowness of the other, sometimes the other seems to be galloping ("too fast, too fast"), sometimes my observations miss the point and I'm not hearing what is actually said, sometimes one of us wants a solution before anything is really known; being together in synchrony can sometimes be a bit hit and miss. I am a travel companion who, like all companions, sometimes demands too much; other times I'm inattentive and tired; sometimes on the ball; sometimes funny, present and able to be with my fellow traveler step by step; sometimes I follow, sometimes I lead. This journeying has many styles, many forms, but if we are serious in our endeavour, our lives deepen and enrich our experience of being alive.

In therapy there is neither promise of a celestial destination nor a mantra for keeping us on the path; it's talking the walk together, making paths to new meaning, new possibilities, new discoveries of self and others.

Australians: The Battery Hens of the Southern Hemisphere

by Mark Jago

Ever wondered why it is that you can grow up in a country like Australia and learn absolutely nothing about what we can eat to survive in the millions of acres of nature and bush land that surrounds our population centres?

Ever wondered why we are never taken on trips into the bush as children and taught which plants we can eat in times of emergency? How is it that we are never actively encouraged to learn this knowledge?

A front page story in *The Northern Star* recently is a classic example. Two guys get bogged overnight in their car in the bush! AHHHHH! It somehow becomes front page news! You have to be joking! I have never seen a more pathetic non-story in my life, mind you for most of the population this is a fear they can relate to so the story would have resonated with many suburban city dwellers. It simply demonstrates the hopeless lack of knowledge most people have in relation to the environment that surrounds them, just a 5-minute drive out of Lismore. Is this a good thing or a cause of concern?

I have just had the good fortune to make three documentaries with a man named Koa. He is an American and he has been living in the bush and living off native plants and weeds for over 25 years. He is in his late 50s and is one of the fittest, most interesting people I have ever met. He can leave his open-sided tin roofed shelter and walk in any direction for a thousand miles and never visit a shop for food and never miss a meal.

Out of a population of millions in this country how many can lay claim to that skill? Not many, and if you think this knowledge is not important, think again. We are all living in uncertain times the world is on the brink of world war and economic collapse, despite the efforts of the mainstream media to tell us otherwise.

How many of you could find yourself something to eat if the trucks stopped running tomorrow? Or if there is an economic collapse due to America over extending herself due to unbridled war and enemies within the gates? Time to read some history if you don't think it can happen to you. Try researching the world economy and the untold suffering between the late 1920s and the mid 1930s all over the western world.

I say the western world because the economic collapse didn't affect the indigenous cultures one little bit, as they were living off what mother nature provided from the environment anyway, and had the skills and knowledge to provide for themselves without the need to crowd into slums and ghettos to wait for handouts like domesticated farm animals.

Koa's levels of freedom are undreamed of for the average suburbanite. While we struggle to pay the endless line of bills that arrive in our postbox every day, he is weaving a basket with birdsong all around, not bothering to notice how long it will take because he doesn't have to worry about time as he is no man's slave.

Living in the countryside and being



exposed to Koa's knowledge of common weeds and native plants I can eat, has given me a new confidence in relation to the bush. I now eat weeds as a part of my food supply, instead of trying to grow plants that the wild animals want to eat anyway. I have learned to just surrender and win, and instead of being at war with the wildlife I have now joined them and eat side by side with them.

My regular use of Madeira vine as a substitute for lettuce, spinach and wheatgrass juice is a classic example. Knowledge turn useless weeds into valuable food instantly you don't even need to wait for them to grow! It's just a change of perspective. There is no lack of resources, there's plenty for everyone.

The 3 documentaries run for over an hour each and highlight common weeds and plants you can eat in your environment, plants like Wandering Jew and Scotch Thistle. Koa also tells the story of his personal journey which is very enlightening and unique. The documentaries also include information on shelter, fire and water management, plus heaps of information on how to thrive and survive in the wilds of the Australian Bush. Anyone who watches this film with an open mind and heart cannot help but be affected in a profound way. The DVD set is available on special at www.ebay.com.au for \$40 including postage and handling.

Koa will be conducting weekend workshops on the 14th and 15th November. The \$300 package includes camping facilities (bring your own tent) and meals are provided. Please contact Koa on 0400-373-234 or email walksoftlyproductions@hotmail.com for details.

Catchment Tour

Vanessa Tallon, Lismore City Council's Catchment Management Officer, hosts the City to Sea Catchment Tour, enjoyed recently by Nimbin Central School Years 9 and 10 Science and Geography students (pictured) and their teachers.

Geography teacher Moira Kenny said, "It was a wonderful day out, encompassing learning through our local environment and our community members."



Dr Elizabeth McCardell, M. Counselling, PhD

Counsellor/Psychotherapist

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Koala Kolumn



by Lorraine Vass

Disease accounted for nearly 60% of the koalas admitted by Friends of the Koala during 2008-9. Whilst koalas' susceptibility to disease has been long recognised, its importance as a key threatening process, contributing significantly to the extinction of smaller populations, is only now gaining currency.

Quite early in the last century field biologists observed that many koalas seemed to suffer from leukaemia and lymphoma and that some animals did not respond to treatment. Succumbing to infectious disease was termed LLIS (leukaemia, lymphoma and immune suppression) syndrome, a pattern of disease seen in a number of species and often associated with retroviral infection. The presence of eye, urinary tract and reproductive tract disease was also noted.

Evidence for linking eye disease in koalas with Chlamydia emerged during the mid - 1970s. The 1980s saw the linkage extended to reproductive tract disease and infertility. Isolation of a retrovirus from koalas did not occur until the end of the 1990s.

Chlamydia infection in koalas is accepted as commonplace, affecting most mainland and many island koala populations. Recent work is suggesting that koala retroviral infection is close to 100% in Queensland and New South Wales and somewhat less in Victorian and South Australian koalas.

For years habitat loss has been attributed with causing nutritional and other stresses which have contributed to the prevalence of disease in koalas. Habitat related stress is now being held up as a poorly tested hypothesis which has dangerous implications for koala management and conservation in that the accepted correlation between good habitat and good health is being disproved.

Scientific evidence such as the Queensland Government's recently released Decline of the Koala Coast Koala Population: Population Status 2008 is demonstrating that koala populations in quality habitat are declining. Whilst we don't have the data to make similar claims for the Northern Rivers, we are certainly seeing very sick koalas from areas of good habitat.

So, what might be happening out there?

The Australian Wildlife Hospital is conducting field studies investigating the prevalence and incidence of disease in two koala populations in south-east Queensland. Dr Jon Hanger, Director of Research and Ecological Services at the Hospital and whose work for his PhD thesis, *An investigation of the role of retroviruses in leukaemia and related diseases in koalas*, isolated the retrovirus, believes that koala retrovirus infection modifies the immune response in some infected koalas leading to increased susceptibility to development of chlamydial disease following exposure to the organism and resulting in a higher likelihood of severe, debilitating (or fatal)



Poppy, a typical retrovirus koala brought in from Tucki. Thin and dehydrated, the only external sign of clinical disease was mild cystitis. Bone marrow samples confirmed leukaemia. Poppy was 2 years old but weighed only 3 kgs.

disease, compared with koalas with normal immune responses.

Dr Hanger admits there is still a long way to go in better understanding Chlamydia and koala retrovirus although a number of universities are engaged in active research. There are no definitive predictors of retrovirus, diagnosis of the most important condition, immunodeficiency syndrome (koala AIDS), is often presumptive and sometimes tenuous and the impacts at a population level are still not measured. Needless to say, there is a dollop of healthy scepticism to his exploratory work in some quarters.

Clinical control of the impacts of koala retrovirus on individual koalas is a way off, however control of chlamydial infection is manageable. The infection can be eliminated with antibiotics but the pathology itself is more difficult and sometimes impossible to treat, in which case euthanasia must occur. Developing a vaccine to prevent chlamydiosis in koalas is progressing and may soon provide a very welcome additional control at the individual and population levels.

While protection of koala habitat and restoration of effective corridors remains priority number one for koala conservation, the critical threat to population decline and extinction posed by disease causing significant illness and koala mortality needs to be acknowledged and addressed.

Friends of the Koala has been critical of the State and Federal governments' poor understanding and acknowledgement of the potential impacts of disease on the conservation of koalas here on the Northern Rivers. In our view there is an urgent need for further disease research and the funding to support it.

You can find out more about Friends of the Koala's conservation work, including planting koala food trees on the website: www.friendsofthekoala.org or email info@friendsofthekoala.org To report sick or injured koalas phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233

Thanks to all those NGT readers who are registering their koala sightings on the website.

Until next time, happy koala spotting!

Re-gen work at Tucki Tucki Creek

by Bob Dooley

Down at the creek behind Lismore crematorium, far from public view, a major victory has been quietly occurring – a victory over weeds.

The Tucki Tucki Creek Rehabilitation Plan, formulated in 2007, outlines rehabilitation activities for a seven kilometre section of Tucki Tucki Creek. It involves the co-operation of 26 landowners.

The Plan was initiated by Lismore City Council with funding through the Northern Rivers Catchment Management Authority's (NRCMA) River Reach Program. The River Reach Program is delivered with funding from the Australian Government through 'Caring for Our Country' and the NSW Government.

Since 2007, a team of bush regenerators have been



The bush regeneration team

implementing the plan. To date on-ground activities, including weed control, planting and fencing have been undertaken on 10 properties. These activities work towards achieving targets in the Northern Rivers Catchment Action Plan (available at www.northern.cma.nsw.gov.au).

Experienced bush regenerator and member of the team David De Nardi said, "There was a major infestation of weeds right along the creek, especially privet, but also camphor laurel, lantana, madeira vine and wandering jew.

"Natives such as water vine and blood vine were also causing problems in many places."

NRCMA Catchment Officer Amalia Short said, "It's a long process – it does take two years, or longer, to get a result."

The results at Tucki

Tucki Creek are certainly impressive, now that the major primary work has been completed.

A tour of one quadrant of the regenerated area revealed a pleasant, inviting creek bank environment with many juvenile native species flourishing.

"You couldn't see through the privet here when we started," David De Nardi said.

The tour was organised as part of a celebration by regenerators, administrators and landowners marking the end of the current round of funding for the project.

Though sections of the plan remain unfinished, and weed re-growth needs to be contained, no funding has been secured to continue the work at this stage.

Lismore Council and the NRCMA will work together to secure funding for the project in the future.

PLANT OF THE MONTH

Flame Tree *Brachychiton acerifolius*

Selected by Richard Burer
Project Officer, EnviTE NSW

This large tree, which can grow to over 35 metres, is a favourite of parks and gardens due to its spectacular spring-time flowering. When the tree is leafless, showy red flowers cover the branches in an eye-catching display.

The habitat of the *Brachychiton acerifolius* is chiefly lowland subtropical rainforest on rich soils, but it is often found on poorer soils and in dryer forest types. Common locally, you can spot Flame Trees in full flower hugging the steep slopes of Blue Knob. (You may need binoculars.)

We have grown handsome trees in Nimbin, flowering after about ten years, that provide a beautiful presence in the garden. Flame Trees are a favourite of bees and also attract birds and butterflies.



Brachychiton acerifolius will grow in most soils, including heavy clay and sandy sites, in full sun. This hardy tree is tolerant of dry conditions. Though it can be slow to start initially, after several years it will really put on a growth spurt.

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Seed funding starts to bear fruit



Big future (left to right): Custodian Uncle Cec Roberts, project manager Tracey King, trainee rangers Monica, Linda, Charles, Dean and Dylan. Photo: Khy Shegog

Bush regeneration and native plant propagation doesn't happen overnight, but Ngulingah Land Council (NLC) showed what can happen in six months, when they hosted a luncheon on their property at Nimbin Rocks in late October.

The lunch was held to showcase the completion of the first stage of a five-year, \$2 million project, which aims to manage bio-diversity with strategies that include ranger training, propagating native plants for sale to nurseries and developing access for eco-tourism.

"We want to protect the Rocks," said NLC project manager Tracey King, "and this is how we're doing it."

Funding has been provided by a grant from the federal Dept of Water, Heritage and the Arts (Peter Garrett's department), administered by the Coffs Harbour regional office of the NSW Dept of Environment and Climate Change, which sent several officers along.

One of them, Claude McDermott said, "There are five or six of these projects throughout the region. It's a collaborative process, driven by the Land Councils."

The property now boasts a well-stocked equipment shed, a propagation shed and re-potting area, water tanks, soil storage bays and new fencing.

Seven indigenous rangers are being trained by EnviTE personnel, and are part way through the TAFE Certificate 2 course in Land Management and Conservation Techniques, delivered on-site.

An interactive CD-rom was also on display, made by Uncle Harry Walker as an interpretative tool on the biodiversity and Aboriginal culture at sites around the Clarence River, which is planned to be adapted for the Nimbin area.

The new nursery is expected to be in full production in another six months.

Habitat for Humanity begins in Lismore

by Pam Bourne

"A world where everyone has a safe and decent place to live."
Vision Statement

Habitat For Humanity has formed a Northern Rivers chapter. Mark Helbron formed the Lismore group, which has been meeting for several months, and was officially incorporated on 12th October.

Habitat for Humanity Australia was established in 1988. Since 1991, nearly 80 homes have been completed in Victoria, New South Wales, Queensland and South Australia. Habitat's Domestic Fund has expanded rapidly, and the organisation is planning to complete another 20 homes in Australia by the end of 2009.

Director James Allerdice came to Lismore in October to launch the new chapter. He said, "We have built nearly 300,000 houses around the world, providing more than 1.5 million people in more than 3,000 communities with safe, decent, affordable shelter, since our founding over



Mark Helbron (kneeling, right), with James Allerdice and local volunteers at the launch of the Northern Rivers chapter.

30 years ago. It is most unlikely that these families would have been able to do so otherwise. A new Habitat home is completed somewhere in the world every 24 minutes!"

Habitat seeks to help people caught in a rent-induced poverty trap. Low-income families, chosen on the basis of need alone, can achieve the dream of building and owning their very own safe, secure homes through building partnerships with Habitat for Humanity Australia.

Each family receives a no-profit loan and volunteers help with planning and construction. The family

gives 500 hours 'sweat-equity' to the building of their own home, or that of another family, and repays the loan at low interest – their loan is then passed on to another family.

Donations of land, finance, and labour are sought from governments, businesses, churches, service clubs and individuals to help build homes for low-income Australian families. For details, go to www.habitat.org.au

Habitat for Humanity meets monthly at 7pm on the first Monday, at the Lismore Presbyterian Church, across from Woolies.

Phone Mark for more details on 0407-791-937.

Seed Exchange Network launch in Nimbin

How can we activate bioregional self reliance in Nimbin to ensure our community's food security?

By promoting Farmers Markets, Local Food Systems and Seed Exchange Networks.

These are some of the tasks the 'Sustainable Nimbin' Food Security Working Group has recently taken up. To develop successful local food systems requires input from farmers, gardeners

and conscious consumers, yep, that's all of us! Are you willing to be involved?

We invite the community to join us in launching a Local Seed Exchange Network on Friday 4th December. The film 'Seeds B'long Yumi' (Our Seeds), made by local seed saving 'pioneers' Jude and Michel Fanton, founders of Seed Savers Network Australia, will introduce us to the complexities involved in seed conservation globally...

and get us motivated.

After the film there will be a chance to discuss and activate our Local Seed Exchange Network.

We need you to bring your surplus seeds and plant materials, questions or suggestions, and any stories ready to share.

The launch will be at Birth and Beyond at 6.30pm on 4th December. \$10/\$7 entry. Cake and Drinks will be available.

For more information contact Julia DesBrosses on 0419-442-611 or Jenny Creasy 6689-7533.

See you there.

Permaculture Open Day

Erda Institute Inc. will be offering a series of Information Days at Djanbung Gardens, 74 Cecil St Nimbin on 21st and 28th November and 5th December. There will be a 10am start with a presentation and information session followed by a tour of the garden.

The following qualifications are on offer in our Vocational and Professional Sustainability training. All qualifications are AQF Registered.

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property or establishing a permaculture landscaping and gardening service, organic market garden or CSA.

Certificate IV in Permaculture

This is equivalent to an advanced trade certificate with a focus on urban and rural systems design, planning and community facilitation. Ideal for becoming a design consultant, program coordinator, project officer and community development work.

Diploma of Permaculture

The diploma focus is on professional design, consulting and management skills for urban and rural projects and community development programs, transition and energy descent



planning and facilitation.

For further information, please phone Janelle on 02 6689-1755 or email admin@permaculture.com.au

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OBSERVING NATURE



WITH MICHAEL SMITH

November happenings:

- Baby echidnas are 10cm long and become too spiky for the pouch.
- Many birds moult.
- Dingo pups aged 4 months, make their first outings outside the den.
- Whales are seen heading south (but not from Koonorigan).
- Tiger moths about.
- Sudden return of the dung beetles.
- Young mangos are the size of golf balls.
- Antechinus babies stay in the nest or ride on their mothers back while she goes hunting.
- Police helicopter buzzes farms looking for cannabis.
- In the last week of November there is a mass swarming of Christmas-like beetles.
- Blue-faced honeyeaters arrive.
- Vinegar flies start to mass around your compost bin (and dive-bomb your wine).
- Noisy Miner chicks chirp from the trees.
- Eastern rosella young are out of their tree hollows and demanding to be fed.
- Butcher bird chicks hatch.
- Pegasus is in the north-western part of the night sky and will soon set.
- The Southern Cross is almost invisible on the horizon in the evening.

Re-set your jaw for good health



My name is Debra Mackay and I am a Holistic Healing Facilitator, passionate about empowering people by giving them the tools to heal themselves. I have been doing a series of Reset workshops and will be offering a couple more in December.

Reset is about balancing the jaw to balance the body. Reset has helped conditions such as Arthritis, bed-wetting, chronic fatigue, clenching teeth and clicking jaw, neck, shoulder, lower back pain, fibromyalgia, frozen shoulder, headaches, sinus, hearing, tinnitus and much more. It is of great benefit, especially after dental work.

The hinge that connects our lower and upper jaw, called the Temporomandibular Joint (TMJ), has a major effect on influencing the body as a whole, including the skeletal, muscular, nervous and meridian systems as well as hydration. By balancing this joint alone, we can effectively balance 42 muscles throughout our body. Often if there is a lower body issue it is actually the jaw that is out.

Resetting the TMJ muscles has a far-reaching impact on conditions ranging from headaches to neck and lower back pain, Hernia, digestive valve function.

This workshop is aimed at anyone who is interested in taking charge of their own health and that of their family. The procedure is very simple and anyone can do it. You will be supplied with a manual to take home, which guides you with absolute accuracy as to how to perform this balance.

Don't worry if you have no experience in working with energy and balance, this workshop is designed to introduce you to working with the body's energy and you will not only have this balance performed on you but you will also perform it on someone else so that you will be able to both see and feel the effects for yourself.

The cost of the workshop, which is a full day starting at 10.30am and finishing around 4pm, is \$80. The first one will be offered again in Kyogle on Saturday 5th December and the second will be in the Murwillumbah area (venue and place to be advised) on Monday 14th December.

It is necessary to register a week prior to these dates and a deposit of \$40 is required. If you are interested in doing either of these workshops please contact me to register and for any other queries by phoning 6632-3854.

RESET WORKSHOP

Balance the Jaw – Balance the Body

Learn how to treat many different issues via a simple energetic balance

**Workshop dates: Kyogle 5th December
Murwillumbah Area 14th December**

Contact **Debra Mackay** on **6632-3854** to register, or for more information.

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Ayurvedic Info

Last month, we started talking about food and how the simple act of cooking can be your best medicine. This month, we'll continue along that path.

A cornerstone of Ayurvedic cooking is spice preparation. Essentially, heat your ghee; then add mustard, cummin and ajwain seeds. Allow them to pop, then add diced onion and



Helen

sliced fresh ginger. When the onion is clear and golden brown, add a pinch of asafoetida per person, tumeric powder and chilli and salt to taste.

Stir for a minute to ensure spices and ghee are mixed well. Then add chopped tomato, then garlic and simmer till well cooked. This can be the basis of all dishes. To vary according to personal taste and season, other spices can be added when you add the tumeric, for example powdered coriander, garam masala, cinnamon, bay or curry leaves etc. Seeds should all be popped in the initial stage and freshly chopped herbs added as garnish at the end, eg coriander or basil.

Once the tomatoes are well cooked, a variety of diced vegetables, lentils or chickpeas, whatever is required of the recipe, can be added. Fresh black pepper is the final touch. Basmati rice and/or chapatis and pappadums are a yummy accompaniment. Side dishes like raita can round out a delicious and nutritious meal. This basic recipe can be applied to meat, sea food, vegetables, etc.

So, the medicinal properties of this delicious spice mix are:

Ghee – ghee is the only oil that doesn't dampen the digestive fire, or

appetite; it is ant-acid, emollient, cooling, and acts as a delivery agent to the tissues.

Mustard seed – it is carminative, expectorant, analgesic and improves digestion. It dispels phlegm and balances the kapha provoking aspect of dairy.

Cummin seed – it is also carminative (dispels gas), anti-spasmodic, an energiser. It is good for colic, headache, and general healing of painful bruises and injuries.

Ajwain seeds – they are diuretic, diaphoretic, anti-microbial, and carminative. They are good for colds, flu, cough, arthritis, larangitis and bronchitis. It is very effective against gastric acidity and pain.

Asafoetida – it is antiparasitic, analgesic, aphrodesiac and carminative. It's great for intestinal colic, bloating, constipation, worms, epilepsy, arthritis, palpitations. It antidotes the gas-causing effects of lentils, beans, broccoli etc.

Ginger – it is anti microbial, antioxidant, antiemetic, cardiogenic and carminative. It is great for colic, sluggish circulation, motion sickness, nausea, migraine headaches, lumbago. Ginger tea is marvellous for all of the above as well as in cooking.

Onion – although pungent when raw, when it is well cooked it becomes sweet. It breaks up phlegm, good for haemorrhoids, asthma, sexual debility, high cholesterol, palpitations. Its antibacterial, carminative, expectorant.

Tumeric – it is anti-inflammatory, anticarcinogenic, astringent, stops bleeding, a tonic to the skin and blood, analgesic, antioxidant, antifungal, hypotensive, good for the liver. It can be used in jaundice, arthritis, gallstones, toothache, prevention of cataracts, bruises and sprains. A truly wonderful herb!!

As you can see, here is a simple way to prevent onset of disease and maintain health in a practical but delicious way! Enjoy!

We have a clinic day every Thursday at Birth and Beyond. Bookings can be made by contacting the Nimbin Apothecary on 6689-1529, or by phoning John on 6689-1794 or Helen on 6689-1717. Home visits are also available.



John

Homeopathics, Orgasms and Apples

by Tarang Bates

What do apples and orgasms have in common? Apparently both are considered valuable in breast cancer prevention.

As I sit here under the shade of the Pecan tree, a dark billowing storm edging its way over Nimbin Rocks, I think about some of the beautiful women I know who have faced a breast cancer diagnosis and how brave they must have to be. I must admit I am not overly brave, have a low pain threshold and a fear of needles – all really good incentives for protective health care...

So apples and orgasms are the order of the day...granny smiths...pink ladies...red delicious...and so on... The other food that I love, are fresh organic carrots – such an easy snack and plenty of fresh Nimbin rainwater, also essential for breast health... I guess our breasts are a bit like camels humps, they both store water. We are lucky to be able to access organic cow's milk so readily, without the toxic cocktail of antibiotics, hormones and pesticides.

It seems easy to overlook our health when we are seemingly healthy, but it is a reality that health problems can take years to manifest. I know how often I can become too busy in a day and not take time out to sit quietly in meditation/relaxation, or convince myself that my yoga/exercise routine can wait until later. I will more than likely find myself at the end of the day having done neither. I try to aim for every day but most days will do – I am not into cultivating more guilt!

"Now that I am lapping the high tide mark" is what I was going to say, but realistically I am probably about a third of the way through my lifespan... if I stand on that rock I can see the high tide mark in the distance, it makes absolute sense, more than ever, to stay as healthy and strong as possible physically, emotionally, mentally and spiritually.



In my 20's I had two pregnancies; during the first I was carrying twins, travelling and not very educated about my body and the birthing process. During the second I was committed to a home birth and keeping as healthy as possible with twice daily, quite strenuous yoga sessions and a healthy diet. This was an incredible pregnancy and an amazing two hour birth; I could really notice the difference.

One day in the not toooooo distant future, I will experience death. I intend to commit myself to healthy food, exercise, meditation/relaxation for the rest of the time I inhabit this physical body/temple and hopefully experience an amazing home death. Personally my inner journey, training and health are just as important. I have experienced too many energetic (non physical) beings to deny that I will still exist once I leave my physical body.

I feel a few drops of rain – the wind is picking up strength on the ridge, it sounds like a wild ocean and the clouds are almost covering my sky as the black cockatoos come screeching over the top of the trees.

HOMEOPATHICS:

ARNICA is used for sore breasts where there has been an injury or bruising. Mastitis caused by an injury and sore nipples. Sore tired feet and legs, possibly with a tingling or crawling sensation. Back, arms and hands very painful with heaviness and cramps. Bruising, strains and sporting injuries. Rheumatism which is worse during cold/ damp conditions and palpitations and pain in the chest. Arnica can also be applied externally as a cream.

For homeopathic first aid enquiries contact Tarang – Nimbin Homeopathics 02 6689-1452 tarangbates@yahoo.com.au

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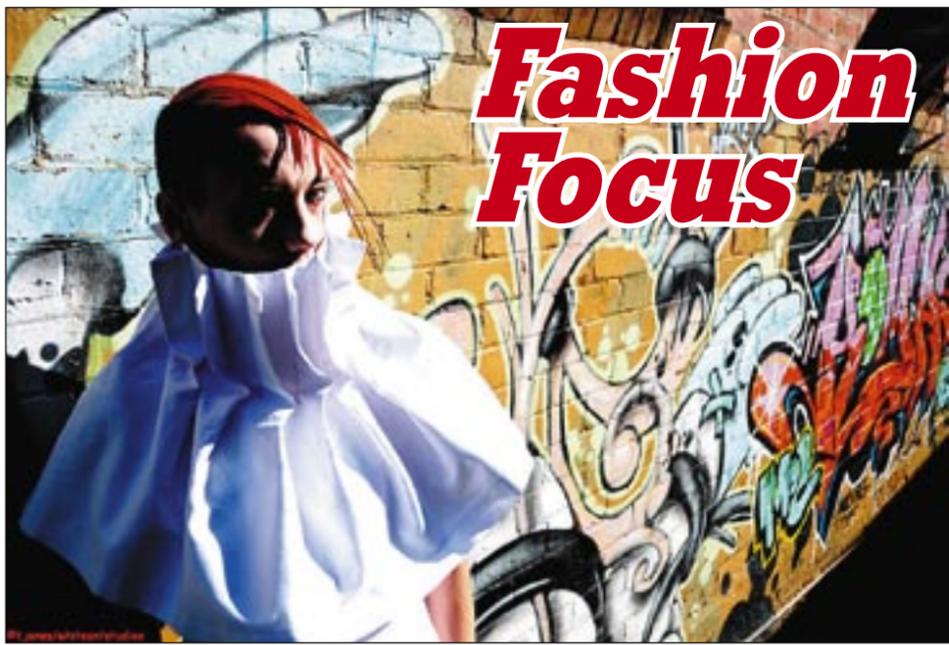
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Nimbin Fashion Show

Friday 13th November 7.30pm, and
Saturday 14th November 2.30 and 7.30pm.

If you expect Nimbin to be all about tie-dye and cheesecloth, the Nimbin Fashion Collective has a surprise for you!

Twenty local designers are dedicated to creating fresh, innovative styles and this exuberant diversity will be strutted by more than 50 spectacular models – the largest Nimbin Fashion Show ever!

Coinciding with National Recycling Week (8 - 15th November), designers will mix the old with the new for a unique look that is the modern alternative.

The environment has always been a priority in Nimbin and our designers will be exploring the possibilities of recycled garments and materials, alongside their latest collections.

For seven years the Nimbin Fashion Show has fostered many new talents and supported the creative image of Nimbin as 'Australia's alternative Fashion Capital'.

The Nimbin Show is certainly unique.

Photo by Thorsten Jones, Model Linden, Designer POL.

Fun, funky and often thought-provoking, there will be three shows on 13th and 14th November, with sales after each Show.

Step outside the shopping mall and find something special! Tickets and bookings at Perceptio's Bookshop, phone 6689-1766.

For more info contact Christina Chester, phone 6689-0205 or 0427-326-790.



Tick bites!!

by Tonia Haynes
Bowen therapist and Pranic healer

Sometimes things need to be written that have little to do with promoting one's own field of expertise.

My particular field of Bowen Therapy, Pranic Healing and Spinal Realignment, although successful in treating and alleviating the pain and discomfort of many muscular and skeletal ailments, is of little use in one particular area: the case of tick bite in animals.

A couple of weeks ago I met a friend in town who informed me from behind dark glasses, in a voice filled with tears, that her dog, Ruby had died the day before from tick bite.

I happened to know Ruby personally. When I attended a party of relative strangers earlier this year, she was the first to make me feel welcome. With a furiously wagging tail and big grin, she laid her head on my knee, soulful eyes politely asking for a pat.

I immediately felt welcome and relaxed into a most enjoyable evening. Ruby was gentle and kind, and it is a sad loss for all that she is no longer with us.

My friend had taken Ruby to the vet, but the tick serum came too late. Not only did Ruby die, but my friend was left the extra burden of a vet bill, which in this case was payment for goods and service untenable.

All domestic animals, whether it be a farmer's calf or the family cat, are valuable in their own particular way and for various reasons; it is a sad affair when they are lost, to the oh so powerful tick.

I have only brief knowledge of the field of homeopathics, but I do know that a particular homeopathic I use, was successful in recovering the health of a cat, who had been under the house for a week and could no longer walk at all. Plus two dogs who were paralysed in the back legs.

All were suffering the effects of a long term bite from the paralysis tick.

I have also used it on animals, who may not have reached the stage of paralysis or respiratory discomfort, but are still a bit crook from tick bite.

Before giving the homeopathic, the first thing I do is follow a St. Johns ambulance driver's advice. I find the ticks and dab their bottoms with Aeroguard or Rid. They are usually dead within about thirty seconds.

Do they eject more poison when they are dying from poisoning? I don't know, but it is certainly a quicker form of elimination than attempting to pull the tick off with the fingers or dabbing it with metho or treatree oil.

Also, some animals will not allow one to remove ticks, so Aeroguard or Rid are excellent for killing the parasite, without the hassle of attempting to remove it.

If the tick cannot be found, be sure to check in the animal's mouth, as far down the throat as possible. There was a case of a Fox Terrier, where the tick had attached itself to the inside of the poor unfortunate's throat. Yes, he died.

Sharp cat's teeth? Use a glove and pray for protection, also nimble fingers, because in this case, if there is a tick in pussy's mouth, the tick may need to be physically extracted. Tightly wrapping a wriggling feline in a large towel, usually recedes their attitude of ten foot tall and bullet proof, back to a handle-able level, but all the same, Good Luck!

After murdering the ticks, the homeopathic to use? Ixodes. It is specifically designed for paralysis tick and is obtainable from the Nimbin Apothecary, Traditional Medicinals, the chemist in Uki, and Health Food shops in Murwillumbah and Lismore.

Ixodes comes in a liquid form, or tiny pilules. The liquid is probably easier to administer to animals. The dosage potency in this case is Ixodes 30.



The administering of homeopathics is as important as any medical drug. They need to be given in prescribed doses at prescribed times, in order to give the best results.

They also have slightly different rules to many other medicines. They are extremely refined in the making, so need to be treated with care.

Keep them in a dark spot and away from electrical equipment and don't touch them before application with the hands or skin, as this is inclined to contaminate the full potency of the remedy. They also dislike metal, such as metal teaspoons.

Printed information on the use and dosage of Ixodes 30 for both humans and animals is available from the Apothecary in Nimbin.

When using Ixodes 30, make sure the instructions are followed to the letter in order to glean the best from this extremely successful remedy for tick bite.

If there's no improvement, seek veterinary advice. Ixodes does not interfere with veterinary treatments, in fact it supports whatever tick bite treatment a vet decides to give.

The cost? About ten to twelve dollars a bottle. And if you keep it in a dark quiet place away from electrical gadgets, it will last at least twelve months.

I am house-sitting for six months, so the number to call for an appointment to see me about your own personal ailments is now 02 6689-1361 or mobile 0439-794-420.

'Til next time,
Love, Light and Laughter.

Cook's corner

Recipe of the Month

by Carolyne



Finger-Lickin' BBQ Chicken Wings

Preparation time: 10 minutes (plus refrigeration time)

Cooking time: 30 minutes, Serves 4.

Ingredients

1kg chicken wings
2 tbsp of tomato sauce
2 tbsp of worcestershire sauce
2 tbsp brown sugar
1 tbsp of American mustard
(for a hotter spicier flavor substitute ¼ tsp of hot English and ½ tsp of American mustard)

Dipping Sauce

2 tbsp tomato sauce
1 tbsp worcestershire sauce
2 tbsp brown sugar
1 tbsp American mustard

Method

1. Preheat oven to 220C/200C fan-forced
2. Cut wings into three pieces at joints; discard tips. Combine sauce, sugar and mustard in a large bowl. Add chicken; toss chicken to coat in marinade. Cover; refrigerate three hours or overnight.

- Place chicken in a single layer on an oiled wire rack set inside a large shallow baking dish; brush remaining marinade over chicken.
- Roast, uncovered about 30 minutes or until chicken is well browned and cooked through.
- Meanwhile make dipping sauce.

Dipping Sauce: Combine ingredients in small bowl; cook, covered in microwave oven on high (100%) for 1 minute. Serve chicken wings with sauce.

This is a nice easy meal for the warm weather we are enjoying, serve with chips or salad.

Till next month, enjoy.

For information call Carolyne at the Coffee House Nimbin, phone 6689-0590.




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